Super Sign-up season starts today

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Next chance: Get paid to get fit

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RAINING TIMES

Vol. 26 No. 17

Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

Aug. 30, 2005

Delegates, issues needed for AFAP

BY KATHY JORDAN
TRAINING TIMES STAFF

Child Development Center charges left hungry in the aftermath of a bomb scare last summer were among the many concerns raised at the local Army Family Action Plan conference in January, but less explosive issues are also sought for the upcoming forum, set for Oct. 31 to Nov. 2.

AFAP is designed to let community members voice their opinions. During the previous conference, confusing maps in Vilseck and reckless drivers were discussed, along with teenaged smokers and full-time day care. Anything that can be changed by higher command — whether within the 100th Area Support Group or in Washington, D.C. — may be submitted for consideration. Deadline is Oct. 3.

"The first year I did the survey, the issues were pretty generic ...," recalled Michelle McLaughlin, program manager, estimating that 90 percent had been problems that were handled locally. "What I have done in the last few years is really try and push the fact that we are looking for global issues."

One such example was coverage of eyeglasses for family members, a suggestion that progressed until U.S. Army Europe forwarded it to the General Officer Steering Committee for resolution. As a result, partial payment through TriCare, reduced prices and expansion of the Frame of Choice program were recommended.

McLaughlin said that the Thrift Savings Plan, Better Opportunities for Single Soldiers, Army Family Team Building and family readiness groups had been created in response to problems tabled at AFAP conferences.

"Somebody submitted an issue somewhere at a local installation, and it went higher," she said. Anything that cannot be handled at the ASG level is sent to the Installation Management Agency–Europe conference, where issues are prioritized. Those that make the cut advance to the Department of the Army "and then may become a part of new regulations, policies and programs."

Yellow boxes at each Army Community Service desk, as well as other locations throughout the three communities, are filled with "issue sheets." These are preaddressed and can be returned to a box or mailed at no charge. Forms may also be requested via e-mail or downloaded from the ACS link of the ASG Web site (go to www.100asg.army.mil and click on "Community Services").

All members of the community — active-duty servicemembers, Reservists, spouses, teenagers, children, retirees, DA civilians and local nationals — are encouraged

See AFAP, page 4

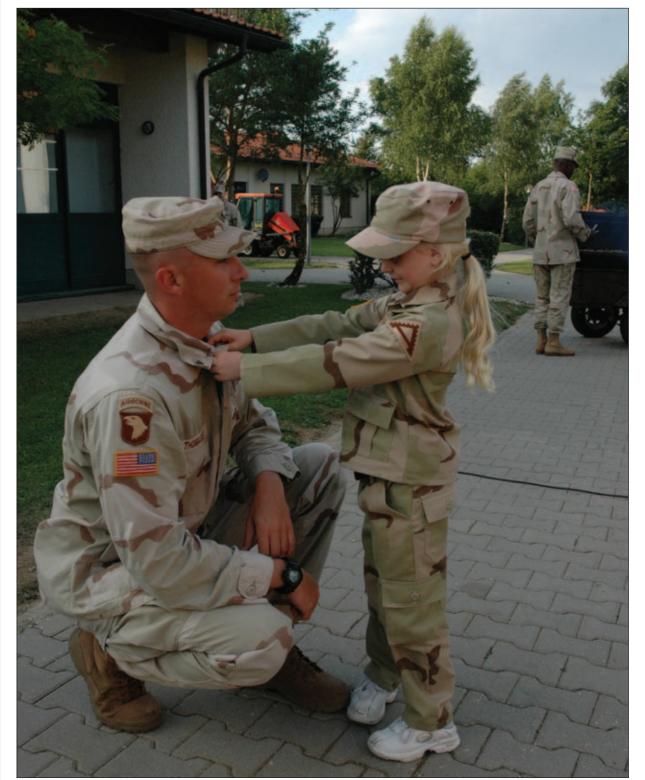


Photo by Alice Adler

Passing muster

Sgt. Nolan Thomasee undergoes a final inspection by his daughter Madelynn before going to Afghanistan with Team Delta, 1st Battalion, 4th Infantry Regiment. This marks the second time that Soldiers from the unit have deployed to assist with elections there. For complete story, see page 3.

As time for fall enrollment in the Civilian Fitness Program approached (see page 11), 'Training Times' asked softball players, "What is your favorite way to exercise?"



Miguel Martinez "I like running – just getting out there and running."

Linda Jones "Any outdoor activities, including soccer, softball, and track and field"





Angie Crossman "I like tae bo."

Carla Granberry "My favorite form of exercise is running."





Resa Sergent "I like playing softball!"

Interviews and photos by Kathy Jordan

Commander's column

Thoughts while moving around

BY COL. BRIAN BOYLE 100th Area Support Group Commander

After just over a month of command, I have quickly realized that one of my main roles is to keep the community advised of changes. I will use all the means that I have, to include the Training Times, the **Command Information Channel** and the weekly community newsletter (sent via e-mail), to keep everyone informed. I'd ask you to use one of these means to take some time and read what is happening in our great communities.

OPSEC — Whether you know it or not, the "foe" in the Global War on Terrorism regularly reads our open-source documents to exploit vulnerabilities and harm our troops. Often, pictures and diagrams are from Soldiers or their family members who just want to show how things are in Afghanistan and Iraq. I'd ask all of you, including family members, to think twice before posting photographs, diagrams, or even tactics, techniques and procedures that you have learned. The enemy does read them, and your postings might very well lead to injuries among our deployed Soldiers.

Construction — There is a whole lot of ongoing construction at Grafenwoehr. Last year, the preponderance of construction was in the old barracks areas, the community mail room, the dining facility and some stairwells basically away from living and working areas. This year, it is



moving into where we operate. You might have noticed that we shut Gettysburg Road for three weeks to get piping done before the new school year. And it is going to get worse. In September, we will conduct groundbreaking ceremonies for the new AAFES/ commissary complex [editor's note: see page 3] and shortly thereafter, the new hotel. I would ask all of you for patience. It is going to be inconvenient; you may have to park farther away or go a different way on a road than you are used to. In a real sense, we have to "suffer the pain" so that our replacement families may enjoy the benefits. Understand that we weigh each decision carefully and come up with the best course of action that pleases the most people. But the bottom line for both force protection and construction means we all will be inconvenienced from time to time until this major effort has been completed.

New academic year — It's a new

year, and lots of children are out and about going to school. Please be safe. Watch and expect them to pay less attention than they should while crossing streets. Part of the construction around the Grafenwoehr Elementary School area is for the new community mail room and the new JMTC Headquarters. We have closed Shiloh Road in front of the school for force protection reasons. I'd ask all parents to use this route: Come down Gettysburg Road, turn at the commissary and enter the chapel parking lot for school drop-off. Then exit using this route in reverse. I'd also ask everyone to consider the needs of the teachers and the chapel staff in and around that area. If you can park elsewhere or walk, you will help the entire community.

Cheers to the Grafenwoehr Community and Spouses' Club - and to their counterparts in Vilseck and Hohenfels — for sponsoring annual sign-up programs. I'd encourage all of you to attend their events and register for activities with the many clubs and organizations there [see page 4].

Grafenwoehr, Vilseck and Hohenfels continue training great Soldiers to conduct operations in the GWOT, and we in the 100th Area Support Group continue our work to support their families. We will have some challenges as the year goes on, but I look forward to informing and working with all of you to ensure we provide always quality service.



Hurrah for the Safe Neighborhood Awareness Program and their SNAP Night Out. I know all the communities have them, but I went to the one in Grafenwoehr, and it was great. My little girl had a fun time while I learned how to keep us safe, and then we ate free hamburgers. Thanks to everyone who worked to make it happen.

Hiss to all the people who make it necessary for the *Training*



Times [Aug. 16] to run a story about not abandoning your own dog! Why would you get a pet if you don't care anymore about animals than that?

> Betsy Duncan Vilseck

Hiss to us for identifying the U.S. Army Europe softball Lee Jackson champions – Company D, 3-58th Aviation – as being from Vilseck, when they are, in fact, from Grafenwoehr. The Training Times greatly regrets having made this

error, thus marring the team's victory. Go Dragons!

Ed.

Submissions to Hisses and Hurrahs should be sent via e-mail to the editor at cara.matlock@graf.eur.armv.mil. or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worth of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only

Training Times

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private shame, not public stonings.

AAFES reducing hours ASG-wide

Grafenwoehr Shoppette gains books, electronics as groundbreaker nears

USAG-G Public Affairs

Army and Air Force Exchange Service stores will curtail hours in each community starting Sept. 6, officials announced this month.

The greatest cuts will affect Vilseck, where the loss of the 3rd Brigade has greatly diminished the number of customers, according to Matt Mennona, general manager of the AAFES consolidated exchange.

"It is necessary to reduce hours to control the losses AAFES may incur," he explained. "Our mission is to provide quality merchandise and services ... but we also need to generate earnings, which provide dividends to support MWR programs."

Mennona said that AAFES contributed 70 cents of every dollar Morale, Welfare and Recreation received; the result was that unprofitable facilities siphoned money from such activities.

The new schedules, he added, were based on those of the Defense Commissary Agency to lessen the impact.

"By mirroring the hours of the commissary, we provide our customers the convenience of taking care of all their shopping needs at the same time," Mennona said.

He pointed out that Shoppettes and gas stations would remain open daily, so that people could pick up sundry items whenever the commissary was closed.

Asked when current hours might be restored, Mennona replied, "Command keeps in constant contact with us, so that we can react to the changing environment. We will look at hours of operation as soon as we know when the Stryker Brigade is inbound."

In the meantime, he said he was excited about the

changes in Grafenwoehr. This month, Book Mark and Power Zone moved into the Shoppette building, putting three stores under one roof.

Ground is set to be broken for the \$29.5 million shopping complex and 12-pump gas station during a ceremony Sept. 16. The 140,000-square-foot facility will be the largest Army Post Exchange in Europe, with 40 percent more area than the one in Wuerzburg.

New operating hours will be as follows:

Vilseck

Main store and Power Zone

MondaysClosedTuesday to Saturday11 a.m. to 7 p.m.Sundays11 a.m. to 5 p.m.

Furniture Store and Military Clothing Sales

Mondays and German holidays

Tuesday to Friday

11 a.m. to 6 p.m.

Weekends

11 a.m. to 5 p.m.

Shoppette

Monday to Thursday 5:30 a.m. to 9 p.m. Fridays and Saturdays 5:30 a.m. to midnight Sundays 9 a.m. to 8 p.m.

Charley's, Anthony's and Popeye's

Mondays Closed
Tuesday to Saturday 11 a.m. to 7 p.m.
Sundays 11 a.m. to 5:30 p.m.

Baskin-Robbins

Mondays Closed
Tuesday to Saturday 12 to 6 p.m.
Sundays 12 to 5 p.m.

Subway

Sundays and Mondays
Tuesday to Saturday
German holidays

10 a.m. to 2 p.m.
10 a.m. to 6 p.m.
Closed

Burger King

Monday to Saturday 7 a.m. to 7 p.m. Sundays 10:30 a.m. to 7 p.m.

Grafenwoehr

Shoppette, Book Mark and Power Zone

Monday to Thursday 7:30 a.m. to 7:30 p.m. Fridays and Saturdays 7:30 a.m. to 9 p.m. Sundays 9 a.m. to 7:30 p.m.

Office Source

Weekdays 9:30 a.m. to 5:30 p.m. Weekends and all holidays Closed

Hohenfels

Robin Hood

Weekdays 11 a.m. to 6 p.m. Weekends and German holidays Closed

Concessions in Grafenwoehr and Hohenfels will be closed on Mondays, except for Sixt Car Rental, which will close every Wednesday – the schedule in Vilseck since Aug. 15. This includes beauty and barber shops, laundries and dry cleaners, TKS, alterations shops, L/DC, and New Car Sales.

Special hours will also be in effect Sept. 5 for Labor Day, though only at the facilities listed below.

In Grafenwoehr, the Furniture Store, Office Source and the Normandy Shoppette will be closed. Anthony's and Burger King will be open 10:30 a.m. to 7 p.m. Hours at the Car Care Center and Military Clothing Sales will be 11 a.m. to 5 p.m.

The Vilseck PX, the Furniture Store, Military Clothing Sales, the Car Care Center and concessions will be open 11 a.m. to 5 p.m. Hours at the furniture sales outlet, located in building 215, will be 12 to 6 p.m. Eateries at the food court will serve from 10:30 a.m. to 5:30 p.m.

In Hohenfels, the PX, the PXtra and Furniture Store, and the food court will be closed. Military Clothing Sales, the Shoppette and the Car Care Center will be open 11 a.m. to 5 p.m. Hours at Robin Hood will be 11 a.m. to 6 p.m.

1-4 Infantry leads new round of deployments

BY ALICE ADLER
TRAINING TIMES STAFF

For the first time in the Army's history, an Opposing Force company deployed to a combat zone when Soldiers from 1st Battalion, 4th Infantry Regiment, left Hohenfels for Afghanistan Aug. 31, 2004.

Nearly a year later, history repeated itself, as 120 troops from the unit departed this summer for the northwestern region of that country.

Once more, the Soldiers went to assist with upcoming elections as part of the NATO International Security Assistance Force.
According to Maj. Rob Dixon, commander of the Team Delta Dragons, 1-4 Infantry's mission would be twofold.

"The first thing is trying to build the confidence of the local people," he said, explaining that their presence in the region would give a sense of security to citizens who wished to vote.

Their other assignment will be thwarting those who want to disrupt the democratic process and prevent the elections from occurring. "Our job is to make sure they don't do that," Dixon said.

Part of a three-staged plan to establish the country's new government, the second round, scheduled for Sept. 18, will determine the national assembly and the provincial council.

Team Delta is a company of Soldiers pulled from various components of 1-4 Infantry. Platoons from companies B and C were added, along with headquarters elements.

Prior to deploying, the unit prepared for weeks with exercises designed to make their mission successful. Because armor was the military occupational specialty of many, for instance, all the Soldiers trained in motorized infantry skills, which Dixon said was best suited to the environment.

Capt. Noel Zarza, Co. D commander, described this as "an essential part of the process," adding, "We need to make sure our mission downrange is done well and correctly."

1st Sgt. Craig Simpson was pleased with the results of the exercises. "They're trained and they're ready to go down and represent this battalion and the United States Army."

He pointed out that this real-world duty would be helpful for these Soldiers when they returned to their usual role as Hohenfels' OPFOR. "It's good for us to come down and do this kind of thing, because it gives us the knowledge and experience to take back home to better train those Soldiers," said Simpson (see related story, page 8).

In Afghanistan, 1-4 Infantry troops will live at a NATO base camp, where access to postal service, e-mail and telephones will allow them to maintain contact with their families, while video teleconferencing will give those at home a good look at their deployed Soldiers.

"The families are doing really well," noted Lt. Col. Timothy DeLass, battalion commander.

Before leaving, some Soldiers expressed an eagerness to get on with their job. "We can't wait to get there," said Dixon.

Zarza assured, however, that home would never be far from their thoughts. "We'll have our spouses and our families on our hearts and in our minds all the time."



Photo by Alice Adler

Sgt. Stephen Hamlin kisses his daughter Julia's hand while his wife, Katarina, listens to a briefing at the family readiness group cookout for Team Delta, 1st Battalion, 4th Infantry Regiment, held shortly before the unit left for Afghanistan.



File photo by Alice Adler

Shauna Laauwe puts her name on the dotted line during the Super Sign-up in Hohenfels last year. The yearly round will begin today with the Grafenwoehr drive at the Tower View Conference Center. The other two events will be in September.

Community drives kicking off today

USAG-G Public Affairs

The spouse clubs of Grafenwoehr, Vilseck and Hohenfels will host a variety of on-post organizations at their annual membership drives to make getting involved in your community a matter of narrowing down choices, rather than running around.

The first is the Grafenwoehr Community Sign-up, today, 11:30 a.m. to 2 p.m. and 4 to 6 p.m., at the Tower View Conference Center. Army Community Service, Army Family Team Building, the American Red Cross, American Women's Activities Germany, the Army Education Center, Child and Youth Services, Kontakt Club, the library, the Parent-Teacher-Student Association, Scouts and the thrift shop, as well as the local massage program and others, will be

represented. Free refreshments will be served, and door prizes will be given away hourly.

Vilseck's Super Sign-up will be held in conjunction with an open house at the elementary school, Sept. 8, 4 p.m. ACS, AFTB, the Arts and Crafts Center, CYS, the library, PTSA, PWOC and Scouts will provide information, and employees from Memorial Fitness Center will perform body analyses and health assessments. Hot dogs will be grilled outside, and those who join the club in addition to PTSA will receive a coupon for a discount of 10 percent on a Ways and Means purchase.

The Hohenfels drive is planned for later in September. Watch the *Training Times* for details.

Each event is open to all ID cardholders, and admission is free.

Contract newspaper writers wanted

The *Training Times* is seeking writer/editors.

Applicants for these nonpersonal services contract positions should be able to work 20 to 40 hours per week covering Vilseck or Grafenwoehr. Excellent writing skills are required, and experience

in digital photography and desktop-publishing programs, such as Pagemaker, would be ideal.

Those interested should e-mail a cover letter accompanied by a resumé and three writing samples to the public affairs officer at kathleen.gibbs@graf.eur.army.mil.

AFAP -

Continued from page 1

to complete a sheet and may do so anonymously.

McLaughlin stressed that every issue would be resolved.

"It may not be the way that you hope," she said. "It may be a funding issue or it just can't happen, but ultimately, they are all looked at, and they all get a response. I always tell people if your issue hasn't gone forward, submit it again. Reword it. State more facts, regulations, policies.

... Maybe the way it was written was not clear."

She also urged them to complete the "resolution" block on the form. "If you submit an issue, you need to say how it can be improved or resolved."

After the conference, the issues, along with their responses from different directorates, will be compiled in a book and the results disseminated to the communities via various media.

The AFAP conference is open to the entire 100th ASG. Anyone who would like to serve as a delegate must send a completed registration form (see below) to McLaughlin by Sept. 19. Those chosen will receive free transportation (location to be determined), lunches and child care, if registered with Child and Youth Services.

For more information, call your ACS office or send an e-mail to michelle.mclaughlin@us.army.mil.

ARMY FAMILY ACTION PLAN CONFERENCE REGISTRATION FORM

Please fill out completely and submit to Michelle McLaughlin, AFAP program manager, by September 19

1. FIRST NAME	MILAST NAME
MAILING ADDRESS	
APO	ZIP
EMAIL ADDRESS	
PHONE: COMMERCIAL	Sponsor's Unit
DSN Soci	al Security Number
Do you need child care (for delegates and	d FRTIs only)?YesNo
COMP	LETE ALL THAT APPLY
2. YOUR MILITARY AFFILIATION?	3. YOUR DA CIVILIAN AFFILIATION?

COMPLETE ALL THAT APPLY	
2. YOUR MILITARY AFFILIATION? (If not applicable, go to item 3.) a. Are you a Soldier or Retiree	YOUR DA CIVILIAN AFFILIATION? (If Active Duty go to item 4.) Are you a DA Civilian Employee
☐ Spouse of Soldier or Retiree ☐ Child of Soldier or Retiree	Spouse of DA Civilian Child of DA Civilian
b. Are you or is your sponsor Active-Duty Reserve Retired c. Rank or Sponsor's Rank:	b. Are you or is your sponsor APF (GM,GS,WG) NAF (NF)
4. YOUR CONFERENCE PARTICIPATION? Delegate FRTI Position	5. WHERE HAVE YOU PARTICIPATED IN A FAMILY CONFERENCE? WHEN? Installation level; what year(s)? MACOM level; what year(s)? DA level; what year(s)?
□ Subject Matter Expert	Never participated at any level

DATA REQUIRED BY THE PRIVACY ACT OF 1974; AUTHORITY: 5 USC 301, 10 USC 3013. PRINCIPAL PURPOSE: Identification of participants in the Army Family Action Plan Conference. ROUTINE USES: Used to record the names and addresses of attendees at the Army Family Action Plan Conference. Used to contact participants and as basis for preparing a directory of conference attendees, which will be distributed to attendees and Army officials for networking purposes. DISCLOSURE: Disclosure is voluntary. If the requested information is not provided, registration for the conference and inclusion in the conference directory may not be possible.

Training for Combined Federal Campaign set

USAG-G Public Affairs

Unit representatives for the Combined Federal Campaign will be trained Sept. 14, 10 to 11:30 a.m., in building 1484 on Camp Aachen in Grafenwoehr.

Through CFC, servicemembers and U.S. government employees may contribute to more than 1,500 local, national and international organizations by cash, check or payroll deduction.

The charity drive last year raised \$240,663 in the 100th Area Support Group, with the average donation being just over \$110.

According to Christine Nunez, management service specialist for U.S. Army Garrison-Grafenwoehr, CFC Overseas accounted for 5 percent of the total contributions each year, though it comprised only 2 percent of the federal work force.

CFC Overseas encompasses European Command, Central Command, Southern Command and Pacific Command.

The campaign will begin Oct. 3 with a ceremony in building 244 on Grafenwoehr and run through Dec. 2.

For more information, call your unit S-1 or Nunez at 475-8432, or send an e-mail to christine.nunez@us.army.mil.

Army drama aims to help with 'Pvt. Wars'

BY TIM HIPPS USACFSC PUBLIC AFFAIRS

The cast of Bravo! Army Theatre Touring Company will bring their *Pvt. Wars* to local audiences for two performances: Sept. 13, 7 p.m., at the Community Activities Center in Hohenfels and Sept. 14, 8 p.m., in the multipurpose room of Vilseck High School. Admission is free.

Composed of blackout scenes in a series, the drama by James McLure is intended for mature audiences. Themes of sexual impotence, drinking and suicide make it equivalent to a film rated PG-13.

The characters are three injured veterans struggling to recover from the Vietnam War — psychologically, as well as physically — in an Army hospital. Many of their private wars were also being fought by troops returned from modern deployments, according to director Tobin Atkinson.

"It's a really good play in the sense that these Soldiers are going to come back with issues," he said. "Soldiers who come back from Iraq are going to have a bit of baggage. Some guys are going to be able to leave it at the door and move on with their lives, and some aren't. They're going to be addressing those things personally. I think the humor is really therapeutic.

"A lot of men and women who are rolling out are worried before they go over, and that's also a private war that they are facing: 'Will I do the right thing when I get over there? Will I be the Soldier that I want to be? Have I been trained enough? Do I have the right equipment?""

Among the actors is Sgt. Michael Malizia, stationed in Bamberg. A multiple-launch rocket-systems crew member, he returned from Iraq in March and did a six-month tour of Kosovo in 2002.

"What's difficult to pull off is that the play has comedy and dramatic elements," Malizia said. "The balancing part is making comedy out of a very serious situation. You don't want to cross the line. These guys have bad injuries, and they have bad memories, and each one of them is dealing with it in their own way.

"Sometimes you get outbursts, just like you do in the war we're dealing with now. Because this play takes place in the Vietnam War, it kind of transcends those thoughts — to adjust, to be accepted and to move forward. That's what this whole play is about: moving forward. But they



Photo by Tim Hipps

Sgt. 1st Class Robert Isom (left) discusses battle scars from Vietnam with Sgt. Eric Bragg during *Pvt. Wars*.

can't do it. They can leave anytime they want to, but they don't, and they're trying to find out why within themselves. Those are their private wars."

Cast member Sgt. 1st Class Robert Isom, a drill sergeant stationed at Fort Jackson, S.C., said he knew firsthand what many Soldiers were experiencing.

"I am a veteran of Desert Shield and Desert Storm, so this particular play definitely hits home with me," Isom confessed. "There always are going to be wars, and we're Soldiers, and that's what we do. You're going to have private issues that you don't want to talk about, but you can talk about. That's something not everybody understands, that it's OK to feel that way.

"This play is about three guys with totally different issues. These guys, despite their differences, find something in common, and it brings them together. I think that's the beauty of the military taking it on the road to bring them together to build one corps."

The original play was set in 1972 to '73, when the World Trade Center was being dedicated in New York. Nearly three decades later, terrorists knocked the twin towers to the ground, igniting the current war.

"We've come full circle, and yet the circle is still turning," Atkinson said.

For that reason, Sgt. Eric Bragg, the third player in the production, said he thought the timing was perfect to reprise *Pvt. Wars*.

"When everything's said and done and everybody comes home, everyone thinks they're all right," he said. "But battles are still raging on inside of us, because we're not a generation that has known war, so I think this does speak to 18- to 25-year-old Soldiers who are coming back now."

The three actors' onstage experience was unprecedented for an Army Entertainment tour, Atkinson said.

Bragg has been performing for 10 years, mostly in dinner-theater shows, and enlisted to entertain troops.

"I told my recruiter what I do, and he told me about this program," Bragg said. "If I wasn't here, I'd be doing theater somewhere else."

Malizia received an associate's degree from the KD Studio Actors Conservatory in Dallas. He has also taught theater to young children.

Isom has spent most of the past 10 years in Georgia, where he worked with Augusta Mini Theatre and studied communications and theater at Macon State College.

Bravo! is an all-Soldier troupe that performs throughout the world, taking theatrical arts to military installations and, in this case, perhaps helping comrades and their families cope with unresolved emotions.

"This is our job right now," Malizia said. "We plan to give something back, and, hopefully, they'll take something away from it."

In brief

Learning opportunity

The Army Education Center in Hohenfels will host its College and Continuing Education Fair Sept. 8, 9 a.m. to 5 p.m.

The event will feature workshops, giveaways, credit evaluations, activities for children, and information about careers, financial aid, and the GI Bill.

Call 466-2882/2668 for more details.

OB/GYN education

The Grafenwoehr Health Clinic offers classes in obstetrics and gynecology on the first and third Tuesdays of every month, 5 p.m.

Women and their husbands are encouraged to attend.

Red-letter day

The public is invited to play Longaberger and Americana Bingo with the Vilseck Community and Spouses' Club, Sept. 9, 5:30 p.m., in the food court.

For more information, call Gina Kyle at 09662-422-879.

Call for blood donors

Helga Farrow Assembly No. 364 and the Armed Services Blood Program will co-spon-

sor a blood drive Sept. 28, 10 a.m. to 2 p.m., at the Memorial Fitness Center in Vilseck.

The community is urged to donate. Appointments are optional; call 476-3224.

Changes, closures

- The gate at Vilseck Airfield is closed until further notice.
- Hours of operation for the dining facility in Vilseck are now Mondays, Tuesdays, Wednesdays, and Fridays, 7 to 9 a.m., 11:30 a.m. to 1 p.m., and 5 to 6:30 p.m.; Thursdays, 6 to 9 a.m., 11:30 a.m. to 1 p.m., and 3:30 to 5 p.m.; and weekends, 9 a.m. to 1 p.m. and 4:30 to 6 p.m.
- The Vilseck Veterinary Treatment Facility has ceased operations because of the deployment. For a list of German clinics in your area, call 476-2370.
- The physical-therapy clinic in Vilseck will be closed Sept. 1, 2 and 5.
- The Hohenfels Thrift Shop will be open Sept. 10, rather than Sept. 3, because of the holiday.
- Beginning Sept. 7, the University of Phoenix office in Hohenfels will be open Mondays and Wednesdays, 12 to 4 p.m. For pressing matters, call 476-3605 or send an e-mail to stephanie.cavazos@phoenix.edu.

Road warriors should suit up for 'battle' astride motorcycle

BY KATHY JORDAN

TRAINING TIMES STAFF

To Bob McGaffin, hitting the open road on a motorcycle is akin to warfare, and many Soldiers seem all too ready to treat it as a suicide mission.

Despite U.S. Army Europe's increased efforts to educate them, as well as civilian employees and family members, a growing number are being stopped by the military police for failing to sport the right gear.

McGaffin, U.S. Army Garrison
Grafenwoehr safety specialist, gave the rundown: "They should be wearing a
Department of Transportation-approved helmet or the "ECE" German helmet, which is almost constructed to the same standards. You also have to wear a face shield; you are required to wear a long-sleeved jacket, in case you fall off the motorcycle; you are also required to wear full-fingered gloves ... intact; long pants and sturdy over-the-ankle footwear — that's the

minimum amount of things you need while operating a motorcycle," he said.

Such precautions were crucial when traveling on the autobahns or country roads to see the sights in Germany, McGaffin explained, adding that the locals were excellent examples.

"If you look at the way Germans dress when they ride motorcycles, typically they dress in full suits of leather or nylon, and obviously that is the way to go. We encourage people to take advantage of the equipment while they are living over here, because it is so cheap and readily available."

Motorcycle training is offered monthly in Grafenwoehr and Hohenfels, and dates are available on the Web at www.100asg.army.mil (pull down from "Installation Support Services" to "Safety" and click on link).

"If we get more people than we can accommodate, we will add classes," said

See Road warriors, page 8



As epilogues to weeks of reading, libraries feted young bookworms with summertime celebrations

BY KATHY JORDAN TRAINING TIMES STAFF

Children throughout the 100th Area Support Group spent their summer immersed in tales of Dragons, Dreams and Daring Deeds, the theme of summer reading programs this year.

Anticipating their move earlier this month, the Grafenwoehr Library staff began activities May 31. About 70 students signed up, and nearly 200 participated in various events, including demonstrations by members of the Society for Creative Anachronism. The month ended with a bang June 30, as young knights lobbed water balloons at one another, using catapults they had constructed, aided by the

Directorate of Public Works.

Vilseck featured extra-long story times — with topics such as Have You Hugged Your Dragon Today? and It's a Royal World After All — June 29 to Aug. 1, when the 39 enrollees gathered for a final "read along" at the library.

"I asked them to bring in their favorite book that they like to read out loud, and I brought my favorite book called Don't Let the Pigeon Drive the Bus," said librarian Roberta Bertheoot. "It is hysterical, and the kids love it."

In Hohenfels, 50 children registered for the program, which ran July 6 to Aug. 17, and 15 particularly bookish ones signed up for the accelerated version,

held in conjunction with the elementary school.

The annual programs in each of the three communities encourage children to read while allowing them to go at their own pace.

"Some of the children read a lot ...," Bertheoot said. "Some just take more time when they read."

Each was given a log to record the names of books completed; for beginners, mothers and fathers could enter the titles read aloud.

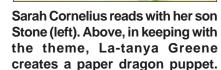
End parties featured food, games and prizes for participants, and although winners were declared, Bertheoot pointed out that every achievement should be rewarded.

"As long as they are reading"



Hohenfels librarian Kate Nichols coaches Emily Durr in water-balloon tossing as Erin Redden watches.













Magic Maxx clowns around with a young boy at the party on the Grafenwoehr parade field June 30.



During final festivities outside the Hohenfels Library Aug. 17, **Malorie Richards** cuts a piece of the well-plotted cake she baked and decorated with help from her mother (above). At right, made up for the occasion, Michelle Adams (left) and Melissa Garnes cheer on the recipients of reading-program certificates

Photos by Alice Adler, Kathy Jordan and Sue Bluhm





summer hire.

'Oh, give me a home where the Timberwolves roam'

Post habitat for Grizzlies, Vipers — and Vampires

BY ALICE ADLER
TRAINING TIMES STAFF

If you are new to Hohenfels, you might be puzzled that every other person you meet works for some organization that sounds more like a high-school sports team than a military unit. Grizzlies and Cougars? Vipers and Falcons?

The explanation is at the heart of why this tiny, unusual installation is here: rotations. One of three such centers in the U.S. Army — and unique in Europe — the Hohenfels Training Area is known as the Joint Multinational Readiness Group. Active-duty and Reserve units from Europe and America, as well as troops of other nations, come to train before deploying to the world's hot spots.

As you may have noticed, time in Hohenfels can be divided into two categories: on rotation and off. During off periods, it is a quiet little hamlet nestled in the Bavarian hills. There are no lines at the Post Exchange, and you easily recognize everyone in the commissary. But soon the convoys arrive, and it becomes clear that something big is under way. Soldiers clog the food court, and you see them walking everywhere. The road from gate 5 fills with mud tracked in from military vehicles, and everyone's own automobile seems to need a bath.

To accomplish the mission of training Soldiers, many groups come together, coordinating, refereeing, running and reviewing the exercises and live fires for each rotation.

First of all, you may be wondering what "the box" is — that mysterious place where everyone seems to be going. This is simply the nickname for the training area, the vast expanse of land just over the hills where the exercises take place. Though mostly fields, forests and trails, it also comprises several villages. Some are the ruins of old German towns that once dotted the landscape, and others were built to resemble those in countries to which Soldiers might deploy, complete with mock stores, town halls, houses of worship, cafes and residences.

Hidden beneath the rolling grounds are a number of subterranean complexes, constructed last year to prepare Soldiers for the cave-filled mountains of Afghanistan.

1st Battalion, 4th Infantry Regiment, aka the Warriors, plays the "OPFOR," or Opposing Force, to the training units at each rotation. Because they usually wear all-black battle dress uniforms, the battalion has been dubbed "the Men in Black," but depending on the type of rotation, they might don the traditional dress of Iraq, for example. Swathed in robes, they add a realistic aura by hiding in caves or sauntering along the streets of their fabricated villages.

Working behind the scenes are the various observercontroller teams, most of whom have been named after a menagerie of animals.

Many OC teams coordinate and watch the units during rotations before guiding them through their "after-action reviews." They direct the battlefield simulation, enforce the rules of engagement and help to execute the battle scenario. Their goal is to make the training units as ready as possible for a range of combat situations. Grizzlies, Timberwolves and Warhogs supervise the company- or battalion-level infantry and armor battalions that come to



Photo by Sgt. James Ryea

Spec. Michael Jackson (left) and Pfc. Patrick Vega, both Blacksheep observer-controllers with the Joint Multinational Readiness Group in Hohenfels, work on a Humvee that fellow OCs drive during rotations.

train. Mustangs are in charge of the training units at the next highest level, the brigade. Hawks are key leaders at Operations Group Headquarters.

Other OCs are responsible for specific elements. Vampires oversee artillery and fire-support units, as well as information operations. Falcons handle the aviation, and the Adlers take care of logistics and support.

Specialized OC teams lend their skills to the mission. Vipers are the Combat Camera team; they film the war games used in after-action reviews and frequently portray journalists on the battlefield. The Blacksheep repair and maintain all of the vehicles that other teams drive. Panthers run the live fires, which are conducted to the north in Grafenwoehr. Leadership development is the Cougars' duty; they train new OCs and OPFOR Soldiers, collect data for the Center for Army Lessons Learned, and administer a leader training program.

Not all OC teams are made up entirely of Soldiers. The Bull's-eyes are members of the Air Force charged with integrating Army and Air Force capabilities. Griffins are a mixture of military and civilian personnel who provide computer support and simulation training analysis. They replicate battlefield effects and during the rotation collect data, which is critical in preparing a unit for its deployment. Finally, the Oscars coordinate the Civilians on the Battlefield, whose job it is to play the roles of citizens whom deploying units might encounter – everything from the village mayor to the local farmer.

Apart from JMRG, two company-sized units here belong to battalions with headquarters elsewhere in Germany. Company A, 94th Engineer Battalion, is currently deployed to Iraq. Company A, 1st Military Intelligence Battalion, flies unmanned aerial vehicles and, though currently in garrison,



Photo by Alice Adler

Men in Black, clad in white for their roles as Afghan rebels, lurk in the doorway of a building in "the box."

is often deployed.

Last, but not least, are the people who work to make Hohenfels a home. Soldiers and civilians of the 282nd Base Support Battalion take care of day-to-day life. Those at the health and veterinary clinics tend to every member of the family. The Signal staff keeps communications up and running, and the military police ensure the post is safe.

Road warriors

Continued from page 5

McGaffin. "We will accommodate anyone who wants to be trained."

Although USAREUR regulations state that motorcyclists must enroll every three years, McGaffin thinks this should be an annual requirement.

"It's free," he pointed out. "Every person that takes the course thinks it's the greatest thing they have ever done. We would like to see as many people out there as we can, because that training keeps that skill level up, and that is what prevents accidents.

"Periodic training is so important. If you sit through a

winter or you get deployed for six months or a year, when you come back you may still be legal because you have taken the training within those three years, but you haven't been on that motorcycle in a year. It's a skill, just like any other: You lose that fine edge when you don't do it all the time."

He also urged enthusiasts to take the Motorcycle Safety Foundation class, which would certify them as "rider coaches." The next session is Sept. 19 to 30 in Heidelberg, and the Installation Management Agency–Europe will pay costs. This, McGaffin said, would not only improve their

skills but make communities and the roads around them safer. "All we ask in return is that they teach three or four times

a year — in the summer — a one-day course."

To all those Easy Riders who scoffed at helmets and other protective attire as being "ungged." McGoffin had a

other protective attire as being "uncool," McGaffin had a ready argument.

"If you compare it to a Soldier that goes into battle without Kevlar helmet and armor and everything that is supposed to be worn, what is going to happen if they get hit with a round? And what's going to happen if you fall off that motorcycle? I can't think of a better analogy to make."

German culture 101

Don't let gestures get out of hand

BY MARTINA BIAS SPECIAL TO TRAINING TIMES

When we find ourselves in a foreign country and do not know the language, we often attempt to communicate with gestures. While some things, such as a smile, are universal, hand signals can easily be misunderstood — or even get you in big trouble.

Having been born and raised in Germany, I was alarmed the first time I saw the popular preschool show Blue's Clues. Even the highly recommended Mister Rogers' Neighborhood had me very upset. I couldn't believe that such acclaimed children's series would encourage young audiences to such cruel behavior! What had my blood boiling was nothing more than Steve Burns

and Fred Rogers, hosts of the respective programs, each tapping his temple with his index finger. Even more incredible to me was that both men did this while telling their viewers how smart they were, for in Germany, it would mean just the opposite.

Germans take this gesture to be an insult to their intelligence. It is interpreted as "Du hast ja einen Vogel!" (or "You have a bird!"), specifically in your head, leaving no room for anything else. In other words, "You are an idiot." (Interesting, too, that in English, the epithet "birdbrain" insinuates that your brain is the size of a bird's, but not that it has been displaced by one.) Pointing at your head in the presence of a German police officer would

guarantee you a hefty fine.

A variation is turning your finger back and forth while it is in this position. This implies, "Du hast eine Schraube locker," or — just as in America — "You have a screw loose."

As an aside, not all expressions have such international connotations. The first time my husband jokingly called me a "silly goose," he was left to wonder why I refused to speak to him for several hours. The problem is that no true translation for the affectionate "silly" exists in German; it can only mean "dumb." Needless to say, no one wants to be deemed a stupid waterfowl. "Dumme Gans," by the way, is said only to women; there is no dummer Gänserich, or "dumb gander."

Even using your fingers to count is confusing, because while Americans begin with their index finger, Germans start on their thumb and add across the palm. Thus, although you might think that a bartender is giving you thumbsup, he is probably asking whether you want only one beer. If you try to tell him in the American manner that you would prefer two, he will be perplexed as to why you are giving him a "V" for victory.

Fortunately, other hand signals are more widely understood. The extended middle finger, for example, is just as offensive here as in the United States — a fact well illustrated by the case of a German soccer player who was kicked off the national team for raising his toward fans.

Another is rubbing together the thumb and the middle finger to express "money." Germans frequently do this to let waitresses know that they are ready to pay.

Remember these not-so-little differences the next time you are trying to get your point across, and if you ever feel inclined to show a Polizist how smart you think he is, keep in mind that he will presume you know sign language.

If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to prepare it at home, send your questions and comments to martina.bias@us.army.mil. One of your suggestions could be used for a future column.

Have it your way: Local fast food improved at home

BY MARTINA BIAS SPECIAL TO TRAINING TIMES

Every country seems to have its own dishes for on-the-go citizens. The Greeks grab a quick gyro, Italians enjoy a slice of pizza, and Americans adore their hamburgers.

Germany, of course, has all of these things as well, but among their more traditional choices are bratwursts, wieners and two less familiar items. Schaschlik are kabobs in a spicy sauce. Currywurst is made of German sausages — similar to hot dogs but thicker — that have been covered with a kind of curried ketchup. In a national survey, Currywurst was the favorite lunchtime meal at the Kantine, or "cafeteria," and an estimated 800 million are sold here annually.

Just as McDonald's can produce only poor imitations of burgers grilled in your own backyard, Schaschlik and Currywurst, as sold in the ubiquitous Imbiss, are much tastier when prepared at home. In both cases, the ingredients will probably be of higher quality, and you can vary them to your liking. Currywurst bought at a snack bar, for instance, is often too spicy for children, and Schaschlik might include pieces of liver, heart and kidneys or — at the very least chewy and dried-out meat.

Germans who wish to take a shortcut when cooking Currywurst purchase Curryketchup, available in the condiments aisle of most local grocery stores, sprinkling additional curry powder on top or turning up the heat with a little



paprika or some cayenne pepper. The recipe below, however. features a homemade curried ketchup sauce.

Schaschlik may also be made with a bottled product, but whenever you have a little extra time, try the special version a German friend of mine shared with me. It has become quite popular with my family.

Because both foods feature ketchupy sauces, the fact that they are usually served with Pommes ("french fries") should come as no surprise, but a Broetchen, or "roll," is another customary accompaniment.

Guten Appetit!

Currywurst (Serves four to six) 1 pound Bockwurst or Fleischwurst (if unavailable, hot

dogs may be substituted) Oil for frying

Curried Ketchup Sauce

- 1 tablespoon margarine or oil 2 tablespoons minced onion 2 to 4 tablespoons good curry
- powder 1/2 to 1 tablespoon sweet or hot
- paprika
- 2 cups ketchup
- 1 cup water

Additional curry powder (optional)

For sauce, sauté onion in margarine or oil until translucent, People queue for Currywurst, the nation's top pick for a speedy lunch. Germans like it so much that they often make it for themselves, seasoning the ketchup-based sauce to suit their own palates. For Schaschlik, a sort of German kabob, the gain is still greater, as those sold on the street have frequently been fried for too long, and some feature bits of organ meats, as well as beef and pork.

Photo by Cara Matlock

but do not let it brown. Add curry powder and paprika, sautéing quickly just to bring out flavor. Add ketchup and water and simmer uncovered until sauce is preferred thickness. Adjust seasonings to taste.

Heat oil in a pan. Cut *Bockwurst* or Fleischwurst into bite-sized pieces or make several diagonal slashes about 1 inch apart and 1/4 inch deep along one side.

Fry sausage in hot oil until lightly browned.

Place on serving plate, top with sauce and sprinkle with additional curry powder, if desired.

Schaschlik (Serves eight)

- 1 pound marbled beef, pork, or optional heart, liver or kidney,
- 2 medium onions, cut in wedges 1 red or green bell pepper, cut in 1to 2-inch chunks
- 1 pound bacon slices, rolled up individually

- 1 tablespoon oil
- 1 teaspoon paprika (or more to taste)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Oil for frying Curry powder, if desired

Alternating ingredients, thread cubes of meat and organs (if using), onion and bell pepper pieces, and bacon rolls onto skewers.

Mix oil with seasonings and brush over kabobs. Fry in a pan of hot oil or a deep fryer until meat is nicely browned and done as you like, taking care to cook pork all the way through.

Remove to a platter and top with Schaschliksosse, sprinkling over paprika and curry powder, if desired.

Rudi's Schaschliksosse

- 2 tablespoons oil or margarine 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 1/2 cups diced onion
- 2 teaspoons curry powder
- 2 teaspoons paprika (sweet or hot) 1/2 teaspoon Worcestershire sauce
- 3 cups ketchup In a saucepan, sauté bell peppers and onion until tender. Add

remaining ingredients and mix well. Simmer for 10 minutes. Serve over Schaschlik or with grilled meats. Refrigerate any remaining sauce. Yields about 6 cups

Tip: If time permits, make your Schaschlik even better by putting the fried kabobs into a baking dish, topping with sauce, covering with aluminum foil and baking at 350 F for about 30 minutes.

Concerts

- Jazz saxophonist Shaakir will be at the Vilseck Post Exchange Sept. 5, 1 to 4 p.m., performing and signing autographs. CDs, T-shirts and other paraphernalia will be on sale. For more information, log on to www.shaakir.com.
- The indie band Brickfoot will give two free concerts in the area: Sept. 6, 7 p.m., on the 1st Battalion, 4th Infantry Regiment's grounds (or The Zone, in the event of rain) and Sept. 7, 9 p.m., at Yesterday's Club in Vilseck. For more information, visit www.brickfoot.com, or call 466-2340 or 475-7165/7111.

Army Community Service

Newcomers' orientations feature shopping trips to German stores, Gasthaus lunches, a few local words and phrases, and visits to on-post agencies. In Grafenwoehr and Vilseck, Welcome to Bavaria is set for Sept. 12 to 16, 8:30 a.m. to 2:30 p.m. To sign up, call 476-2650. The Hohenfels session, Sept. 19 to 23, 8:30 a.m. to 3:30 p.m., also includes a train trip to Regensburg. Register by calling 466-4860.

Education

- German classes will be taught at the Grafenwoehr Hauptschule Mondays and Wednesdays, 6 to 7:30 p.m., beginning Sept. 26. Those interested should attend the free informational meeting Sept. 19, 6 p.m., to take placement tests and register. The fee for 10 sessions will be 66 or 78 euros, depending on enrollment. For more information, contact Ursula Frankenberger, 09647-1327 or ursulafrankenberger@web.de.
- Americans can also learn German at the Volkshochschule in Amberg-Sulzbach.



Photo by Alice Adler

Sand blast

Genevieve Elmore, Katie Dixon, Molly Dixon, Naomi Porter and Bella Headrick dance to the sounds of the desert during Vacation Bible School in Hohenfels Aug. 23. Serengeti Trek was the 100th Area Support Group's theme this year, and children took a spiritual journey to the Holy Land.

Courses of 12 sessions for beginners and more advanced speakers will begin Sept. 15 and meet 5:30 to 6:30 p.m. or 4:30 to 5:30 p.m., respectively. For more information, call Emma Niklas at 09665-631.

Arts and Crafts Centers

Grafenwoehr

Create an autumnal wreath or swag Sept. 2, 2 to 4 p.m. The \$7.50 fee does not include supplies. Register by calling 475-6101.

Vilseck

• Learn to make fabric bowls Sept. 3, 9 to 11 a.m. The fee is \$15 plus supplies.

· Beginning quilters will stitch together bow-tie throws Sept. 7, 14, 21 and 28, 6 to 8 p.m. The fee is \$45, not including supplies. To sign up for either, call 476-2652.

Scouts

Grafenwoehr

The Girl Scouts are seeking volunteers for the new school year. Needed are a cookie manager, an event coordinator, a registrar, and Brownie leaders and assistants. For more information, send an e-mail to picturegirl22@yahoo.com.

Hohenfels

Kindergartners through seniors are

invited to register for Girl Scouts Sept. 1, 4 to 6 p.m., at the hut, across from the commissary. Volunteers are also welcome. Call Kathy Elmore at 09498-90-5406 for more information.

Red Cross

- The Vilseck office will host a free volunteer orientation Sept. 6, 9:30 to 11:30 a.m.
- Learn first aid and CPR for adults Sept. 10, 9 a.m. to 4 p.m. The \$25 fee must be paid in advance by check or money order; stop by the office in Grafenwoehr or Vilseck. Call 476-1760 for more details about either.

Chapels

Grafenwoehr and Vilseck

An outdoor Mass and picnic will begin at 10 a.m. Sept. 11 at Dick Heauter Lake in Grafenwoehr. No Mass will be said at either chapel this day. Call 476-1570 for more details.

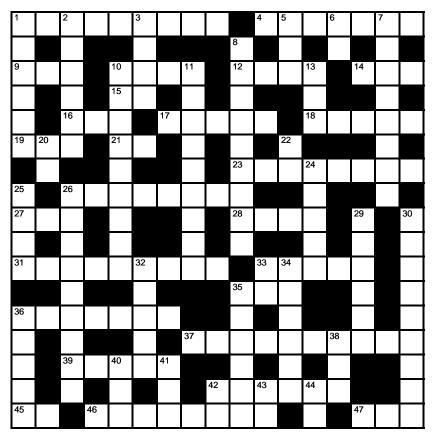
Hohenfels

Mass has been moved from Sept. 4 to Sept. 3, 5 p.m., at the main post chapel. For more information, phone 466-1570.

Job opportunities

Women, Infants and Children Overseas has openings for wellness counselors in Vilseck. Applicants must have a bachelor of science degree and experience in prenatal, maternal or infant nutrition. A current driver's license and a willingness to travel are also required. Experience with WIC and a state license as a nutritionist, a dietitian, a nurse or a home economist are preferred. For consideration, e-mail a resumé, a cover letter and copies of licenses to jenny.roper@cmtymail.98asg.army.mil, or fax to DSN 354-6779 or 09721-96-6779. For more information, visit www.cmse.net, or call DSN 354-6040 or 09721-96-6040.

'The butcher, the baker, the candlestick maker ...' Get worked up for Labor Day with this puzzle of professions and other occupations



Across

- Top proctor
- Boss of bailiwick
- Captain of industry
- 10 Politician's province
- To ax 14 A find, for arche-
- ologists
- "We're talking scum here. Air should be illegal if

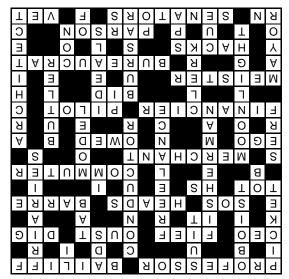
- they breathe ___." — Washington, D.C., policeman of
- drug abusers, quoted by P.J. O'Rourke in Rolling Stone
- Sent by signalmen "Big cheeses"
- 18 Ballerinas practice at it
- Nanny's charge
- One place for principal (abbr.)
- Busy breadwinner Shakespeare's sold
- in Venice
- Psychoanalyst's
- Kind of sum accountants pay
- Major banker
- Experimental Auctioneers
- accept them Master craftsman, auf Deutsch
- 37 Functionary
- 39 Scribblers
- 42 Member of clergy Nurse (abbr.) 45
- Caesar's nemeses

- 47 DVM, familiarly
- Down
- To strike Wind musician
- Action of attorney
- Marketing modes
- Naval abbreviation
- for lithographer
- Monks' hubs Ticket taker
- "When the sandpiper and the clam grapple, it is the
- ___ that profits." — Chinese proverb 11 Medieval merce-
- nary Waitress' tally
- Delivers children 20 (abbr.)
- 22 "At Microsoft there are lots of brilliant ideas but the image is that they all come from the top. ___ afraid that's not quite right."—Bill Gates, co-founder
- 24 Mannequin
- 25 Obsolete land-tiller

- 26 Do double duty
- 29 Majordomo 30 Corbusier a
- modern one
- 32 Record-keeper
- 33 Type of detective
- (abbr.) 34 Made concrete by
- sculptors Treasurer
- 36 LaGuardia, e.g.
- 38 Deceptive sort of artist
- 40 Actors await them

- "Office" for an admiral
- Mailman's home base
- Schoolmasters
- teach three "The more you stay in this kind ___ job, the more you realize that a public figure, a
- is a lonely man." - Richard Nixon

major public figure,



Sign up to work out on DA's dime

BY ALICE ADLER
TRAINING TIMES STAFF

For Soldiers, staying in shape is part of the job, but keeping fit is important for everyone. With this in mind, the Department of the Army started the Civilian Fitness Program, and since 1997 it has helped to improve the overall health of its civilian workforce, according to Shellby Jones, health promotion coordinator for the 100th Area Support Group.

Enrollees are allowed three one-hour exercise sessions each week during normal office hours, for a total of 78 hours over the six-month period from Oct. 1 until April 1.

Those who sign up will also receive weekly e-mails full of fitness tips, healthful recipes and links to Web sites that aim to motivate them in their endeavor.

Jones gave numerous reasons for getting involved with the program. Although people often did so hoping to drop some pounds, participants would see other benefits from increased physical activity.

"Our message is healthy behavioral change," Jones said, "get your body moving." She added that enrollees learned to practice stress management, as well as prepare and choose nutritious meals for themselves and their families.

"If participants focus on getting healthy, weight loss will usually follow."

The program is open to appropriated- and nonappropriated-fund employees, contractors, and local nationals, though a supervisor's approval is required.

Registration will be conducted at the Grafenwoehr Field House
Sept. 13, at the Hohenfels Post Gym
Sept. 14, and at the Rose Barracks
Fitness Center in Vilseck Sept. 15; all will be open 9 a.m. to 4 p.m.

To sign up for the program, each employee first fills out a questionnaire, which is then reviewed by a community nurse. This helps to identify individual health risks beforehand.

Next comes the assessment, when fitness center staff will calculate blood pressure and body composition, test cardiovascular and respiratory endurance, and measure flexibility. Finally, they will assist enrollees in putting together an exercise regimen to help them meet their goals.

At the end of six months, all participants are assessed again, so that they may see the actual numbers signifying positive changes in their bodies and their lives.

Jones said that response had been so favorable in the past that many wished to keep up their new habits. "A lot want to continue on after the six months."

The program itself, however, is a one-time opportunity.

She urged civilians of all shapes and sizes – not just those who felt they should lose weight – to seize this chance.

"A lot of healthy people join too," said Jones. "They want to take advantage of the free workout time, and that's fantastic!"

Tony Brown shows Erich
Kricke how to determine
his body-fat percentage
with a Microfit machine
during an assessment for
the Civilian Fitness
Program at Hohenfels in
the spring. September will
be the next chance to
enroll in each community.

File photo by Alice Adler



Local team takes third in softball tourney

BY KATHY JORDAN

TRAINING TIMES STAFF

The Vilseck women captured third place at the community-level softball championships in Grafenwoehr Aug. 18 to 21.

The event, which began with round-robin play and ended in a single-elimination tournament, drew 16 men's and women's teams from all around the European theater.

The women from Heidelberg won, and the team from Supreme Headquarters Allied Powers Europe was runner-up.

On the men's side, Stuttgart took first place, followed by Kaiserslautern in second and SHAPE in third.

"The tournament was top-notch," said Tony Lee, local Morale, Welfare and Recreation chief of recreation and programming. "Vilseck women played hard, made mistakes, and it was there for them to win. But there is always next year. My hat's off to the Heidelberg women and the SHAPE women and these two monster men's teams here."

Jim Mattingly of the Installation Management Agency-

Europe sports office added, "We have had great play from the women's championship, great play from the men's championship. It was an exciting sporting event."

At press time, the top two Army teams of both genders were in Italy to play the best Air Force squads.

"I was told that because we had a single-elimination championship, we would not come out with a true champion and our best teams would not go," Lee said, "but I do believe we have our best teams representing us."

Budding sluggers descend upon Vilseck

BY KATHY JORDAN

TRAINING TIMES STAFF

Little Leaguers from the Netherlands, Belgium, England, Italy, Saudi Arabia and Spain met those from Germany at the Big Mike Sports Complex in Vilseck Aug. 3 to 11 for the Trans-Atlantic Regional Tournament.

One of eight divisions, the local event was for 11- and 12-year-olds and marked the first time that the contest for that age group had been played here.

"This tournament has never been held in Germany," said John Kuykendall, district administrator for U.S. military bases in Germany. "It is normally held in Poland, which is the headquarters for Little League Europe. They have a fantastic complex of seven fields there and dormitories for 18 teams, and that is usually where all the tournaments are held."

First, a round-robin format gave teams a chance to play one another. Then the top four teams competed in the semifinals. In the championship game, the undefeated team from Saudi Arabia beat Ramstein, 13-2. As the winners, they will advance to the Little League Baseball World Series in Williamsport, Penn.

Kuykendall explained that reducing costs for players'

families had been the biggest reason for bringing the event to Germany.

"I pushed for this location this year because for teams to go to Poland, it costs them about \$15,000 in travel expenses," he said. "They were very happy that the decision was made to come here this year. It saved them a lot of expenses on travel."

Kuykendall added that its having been on a military installation had been another benefit for the large majority of the players.

"They have more facilities they can use here; 99 percent of the kids can use their identification card here. We have the bowling alley, Post Exchange and other facilities they can use here." In Poland, he pointed out, the youths had far fewer opportunities for recreation.

This event was such a success, he said, that he hoped to host two in 2006.

"We have already got our plans ready to ask for the same tournament to come back again next year in Germany, and we are also going to ask for the Big League tournament, which is the 16- to 18-year-olds." According to Kuykendall, Vilseck had also hosted that tourney: two summers ago. Last year, it was at Ramstein.

Young soccer players sought

BY BILL BIDINGER

SPECIAL TO TRAINING TIMES

Tryouts for the youth soccer Olympic Developmental Program will be Sept. 11, 2 to 4 p.m., at the Big Mike Sports Complex in Vilseck.

The ODP Oberpfalz District was established in January 2004 for young players of Grafenwoehr, Vilseck and Hohenfels. During the first two seasons, about 25 boys and girls ages 9 to 19 participated.

The program was designed to help youths develop as individual players by training at a higher level with qualified coaches and vying against the best players. A few will have the opportunity to compete in international tournaments throughout the year, but the point of ODP is honing one's soccer skills.

Coaches recognized for their ability to identify and train superior athletes will select players, evaluating them on technique, tactics, fitness, athletic ability and attitude.

For more information about trying out or volunteering, call 0171-3108375 or Fernando Mateo at 466-2483 or 09182-939943.

now showing



Unless otherwise noted, all cinemas are closed on Mondays and Tuesdays, and movies begin at 7 p.m. The Tower Theater in Grafenwoehr is closed on Wednesdays as well. Because schedules are subject to change, please telephone for verification.

Grafenwoehr, Camp Aachen (09641-83-6115)

The theater does not regularly screen films. Tune in to AFN Bavaria or phone the number above to hear a recording.

Grafenwoehr, Tower (09641-83-1790)

Thursday, Sept. 1 Bewitched Friday, Sept. 2 Valiant

Saturday, Sept. 3 War of the Worlds **Sunday, Sept. 4** 1 p.m. The Perfect Man

Bewitched

Thursday, Sept. 8 Batman Begins
Friday, Sept. 9 Land of the Dead

Saturday, Sept. 10 Rebound

Sunday, Sept. 11 Herbie: Fully Loaded

Vilseck, Mike Jurkewicz (09662-83-1790)

Wednesday, Aug. 31
Thursday, Sept. 1
Friday, Sept. 2
Saturday, Sept. 3

The Perfect Man
Deuce Bigalow, European Gigolo
War of the Worlds
Kingdom of Heaven

Sunday, Sept. 4 1 p.m. The Perfect Man Valiant

Wednesday, Sept. 7

Thursday, Sept. 8

Friday, Sept. 9

Saturday, Sept. 10

Bewitched

Valiant

Cinderella Man

Land of the Dead

Sunday, Sept. 11 1 p.m. Rebound

Dark Water

Hohenfels, General Patton (09472-83-1790)

Wednesday, Aug. 31 Deuce Bigalow, European Gigolo

Thursday, Sept. 1 The Perfect Man
Friday, Sept. 2 Land of the Dead
Saturday, Sept. 3 Mindhunters

Sunday, Sept. 4 1 p.m. Kicking and Screaming

Wednesday, Sept. 7
Thursday, Sept. 8
Friday, Sept. 9
Saturday, Sept. 10
Sunday, Sept. 11

Bewitched
Valiant
Cinderella Man
The Cave
War of the Worlds
The Cave

previews • previews •



Russell Crowe takes time out for a pep talk from his trainer, played by Paul Giamatti, in *Cinderella Man.*

Batman Begins (PG-13)

Starring Christian Bale, Michael Caine, Liam Neeson The origins of the Batman legend and the Dark Knight's emergence as a force for good are revealed in this prequel.

Bewitched (PG-13)

Starring Nicole Kidman, Will Ferrell, Shirley MacLaine A down-on-his-luck actor decides to try out for an updated version of the 1960s sitcom and meets a woman he thinks would make an excellent co-star, never suspecting that she is indeed a witch.

The Cave (PG-13)

Starring Cole Hauser, Morris Chestnut, Eddie Cibrian American explorers search the mile-deep caverns of Romania for a unique ecosystem but find an unknown species of predator instead.

Cinderella Man (PG-13)

Starring Russell Crowe, Renee Zellweger, Paul Giamatti Based on the life of Jim Braddock, a boxer who retired after a string of losses, this film follows the underdog's return to the ring, where he eventually takes on the world heavyweight champion.

Dark Water (PG-13)

Starring Jennifer Connelly, Ariel Gade, Dougray Scott
In this psychological thriller, a newly separated mother
and her young daughter move into a dilapidated apartment,
where unstoppable leaks and other odd occurrences leave
them up to their necks in fear.

Deuce Bigalow, European Gigolo (R)

Starring Rob Schneider, Eddie Griffin, Jean Reno The male "escort" works Europe in this sequel.

Herbie: Fully Loaded (G)

Starring Lindsay Lohan, Justin Long, Breckin Meyer Star of a popular '70s motion-picture series, the freewheeling Volkswagen beetle with a mind of its own returns as a NASCAR competitor.

Kicking and Screaming (PG)

Starring Will Ferrell, Robert Duvall, Mike Ditka

Despite lacking experience in the dog-eat-dog world of youth sports, a sensitive vitamin salesman steps in to coach his son's last-ranked soccer team, helped by a famous football coach.

Kingdom of Heaven (R)

Starring Orlando Bloom, Eva Green, Jeremy Irons
This epic set in Europe and the Middle East during the
Crusades follows a French blacksmith who joins his father
to fight for Christianity in Jerusalem.

Land of the Dead (R)

Starring Simon Baker, Dennis Hopper, Asia Argento
Continuing the undying tradition of zombie movies,
including *Night of the Living Dead, Dawn of the Dead* and *Day of the Dead*, this film portrays a world in which
humans have become the minority.

Mindhunters (R)

Starring Val Kilmer, L.L. Cool J, Christian Slater
A group of young FBI profilers must find the serial killer
in their midst before each falls prey to his murderous plot.



Ariel Gade and Jennifer Connelly eye an ominous drip from their new ceiling in the thriller *Dark Water*.

The Perfect Man (PG)

Starring Hilary Duff, Heather Locklear, Chris Noth A teenager tired of moving whenever her mother suffers a messy breakup takes on the role of virtual boyfriend but must produce a real one when her "suitor" proves too charming.

Rebound (PG)

Starring Martin Lawrence, Wendy Raquel Robinson, Breckin Meyer

When a top collegiate basketball coach gets banned because of his temper, he must take a job teaching juniorhigh students how to dribble.

Valiant (G)

Animated

A brave but pint-sized pigeon dreams of joining the elite Royal Homing Pigeon Service to fly for crown and country during World War II.

War of the Worlds (PG-13)

Starring Tom Cruise, Miranda Otto, Dakota Fanning A contemporary retelling of H.G. Wells' classic novel, this sci-fi thriller depicts mankind's battle for its future against a catastrophic invasion from outer space.

Want to COLOR your community? Send information out via

usaggnews@graf.eur.army.mil and 475-NEWS

or 475-6397. Find us on the Grafenwoehr Global at USAG-G News Grafenwoehr.